



**St. Regis Catholic School
Elementary and Academy
Anti-Bullying Expectations**

**Pre-School, Junior Kindergarten, Kindergarten and 1st Grade
“Jesus Does not Bully!”**

If someone is bullying you, being unkind, you need to:

- Tell them to **stop**, that they are hurting your feelings
- Tell the teacher or another adult what happened
- With the teacher or adult, practice kind words to be used
- Accept their apology
- Remember how Jesus wants us to be

If you see someone be unkind or bully another, you need to:

- Tell them to stop, that they are hurting someone
- Talk to the person who was bullied and be kind to them
- Tell the teacher or another adult what happened
- Practice kind words that could be used
- Remember how Jesus wants us to be

If you are the person who is acting unkind or bullying, you need to:

- **STOP what you are doing**
- Tell the teacher what you said or what you did
- Tell the person you bullied that you are “sorry”.
- Ask the person to play with you and be kind to them.
- Say a prayer to Jesus for help.
- Remember how Jesus wants us to be

**Everyone deserves respect. No one should be bullied or teased for being different.
Everyone has something great to offer. Respond quickly and consistently to bullying
behavior, so that we are all working together.**

Grades 2nd, 3rd and 4th
“Follow the Example of Jesus”

If you are bullied:

- Tell the person to “stop!”
- Walk away from the bully.
- Find an adult and report the situation.
- Don’t retaliate!

If you see bullying:

- Help the person being bullied by standing up for them.
- Ask the bully to stop!
- Try to help the person being bullied just walk away.
- Get help from an adult.
- Don’t join in with the bully by laughing at or encouraging his/her actions.

- Be a friend to the kid being bullied. Invite him/her to join you and walk away from the bully.

If you are the bully:

- Stop!! When asked (the first time).
- Apologize!! Actions speak louder than words.
- Seek out friends who make good choices.
- Talk to your teacher, parents, counselor to find ways to change your behavior.
- Remember that being a bully isn’t cool but being respectful is very cool.
- Make an effort to say or do something nice for the person you hurt.

NOTE:

Cyber bullying is using electronic media to intimidate others. If someone sends emails that are offensive, tell an adult. The written word can be misinterpreted, but recurrent mean spirited electronic messages should be reported

Grades 5-8
“Do Unto Others, As You Would Want Done To You”

If you are bullied:

1. Make your feelings known:
 - Say stop
 - Talk about it with friends
 - Tell one or more adults

2. Take action:
 - Ignore
 - Don't give the bully the satisfaction by commenting
 - Walk away
 - Tell someone
 - Call a truce

If you see bullying:

1. Uphold the dignity of your classmate:
 - Interrupt the bully
 - Say something
 - Change the topic
 - Don't participate (Laughing/commenting makes you a bully too.)
 - Remove the bully or the person being bullied
 - Talk to an adult(s)

2. Be rich in kindness:
 - Offer help
 - Ask either person if they're ok
 - Be a friend
 - Smile

If you are the bully:

1. Avoid temptation:
 - Think before you act
 - Reflect on the Golden Rule
 - Walk away
 - Find a positive influence

2. Change your ways:
 - Listen
 - Admit your mistakes, apologize
 - Work with friends/adults for help